



Newsletter Issue No. 65

August 2021

## Things I wish I knew at 18...Who am I kidding, I mean 30

### **You are not promised tomorrow**

Tell the people in your life that you care about that you love them. You honestly never know when it will be the last time you speak with or see a person you love. I recently lost my grandfather and would give anything to hug him again.

### **Be kind**

I am still working on this but whenever you have the chance to say or do something kind, choose that route. You will never regret it. Let stuff go that doesn't matter.

### **Life is a marathon, not a sprint**

Don't be in such a rush to conquer the world. Learn the basics really well, it will pay off down the road and you will be able to spot opportunities.

Don't be disappointed if you get to 40 or 50 and are still exploring life, because the journey really is a great adventure so enjoy it!

### **Business Contacts can be anyone, anywhere, anytime**

You should always try to make a great and lasting impression. You'd be amazed where some of my best contacts have come from over the years.

Seriously be nice to everyone; you never know who you might work with one day.

### **Never burn a bridge**

You just never know when your paths will cross again with old colleagues, former bosses, etc, and what that might lead to.

### **Work with the best**

Try to work with and for smart people, you will learn so much and it will set you up for great things. Be a sponge and learn everything you can from them (Thank You, Roger Lee).

### **Failure often leads to success**

Every person you know has failed along the way, everyone!!

"Failure is only the opportunity more intelligently to begin again." — Henry Ford

### **College is not for everyone**

This is especially true in the tech sector. Most of the time, certifications are just as valuable if not more so than a degree.

### **Have fun every day**

Do not postpone happiness. Incorporate fun into your life. It can be 5 minutes but don't forget to enjoy life daily. Do not take everything so seriously that you cannot see the humor in things.

### **Be grateful**

Think of at least one thing you are grateful for every single day before you go to sleep. It will make you appreciate even the simplest things in your life.

**Frank Amrhein, Vice President of Wireless**



## **TekSynap is proud to be a part of the Federal News Network 2021 NITAAC Contract Buying Guide!**

*CIO-SP3* didn't take a hit during the COVID-19 pandemic, in fact, it possibly grew. With an uptick in some buying trends, such as cybersecurity, cloud services, data analytics, and workplace productivity tools and solutions, it really did not miss a beat.

With the majority of the workforce working from home during 2020, the need for technology only increased from corporations, which was a benefit to NITAAC (National Institutes of Health Information Technology Acquisition and Assessment Center). As they plan to reflect and plan for growth from *CIO-SP3*, Brian Goodger, acting Director of NITAAC stated the largest difference between *CIO-SP3* and *CIO-SP4* is the increase from \$20 billion to \$50 billion, stating this is largely due to pretty big agency customers. However, Goodger also stated that small businesses are at the heart of NITAAC and this will continue even as they expand. "The number of small businesses will grow and all of the socioeconomic categories will be represented," stated Goodger.

While the focus is to grow at NITAAC, there is a key focus within the article that there is still an opportunity for small businesses, the expansion from *CIO-SP3* to *CIO-SP4* will likely yield more contractors and in turn, create more competition and services offered at a better price. According to the Small Business Administration, small businesses are the lifeblood of the U.S. economy, they create two-thirds of the net new jobs and drive U.S. innovation and competitiveness. IT modernization is still more important than ever to federal agencies and the increase and improvement to *CIO-SP4* focus on this more than ever before.

**[Click HERE to see the Guide](#)**

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**When should you self report to [Security@teksynap.com](mailto:Security@teksynap.com)?**

## Do you know your financial reporting requirements?

- Inheritance over \$10,000
- Filing for Bankruptcy
- Excessive Indebtedness
- Gambling winnings over \$10,000

If any of these occur, you MUST self-report

Center for Development  
of Security Excellence  
**CDSE**



## Caught in the Act

Congratulations to **Landon Foster** for becoming a CWNP Board Advisor!

Rachel Bates would like to thank **Will Smith** for his efforts on the DIA IC SCC II proposal.

**Estelle McKnight** received kudos from the AFNCR customer for her diligence

**Jacqui Soltero** received kudos from Matt Davies for her efforts to add LCATs to our GSA HACS SIN and working our GSA Schedule modifications.

**Patti Moyles** received kudos from Matt Davies for her efforts to manage all purchasing and documentation in accordance with our purchasing system.

**Robert Kennett** was recognized by an AFNCR customer for his initiative and efficiency.

GDIT would like to acknowledge **Gerald Coles** for his excellent work on the CEG circuit.

The DLA customer would like to extend their gratitude to **Matthew Goad** for his patience and professionalism

The DTRA customer would like to give their appreciation to the **Service Desk staff** for our new Task Order 1 COR team that is led by **Kay Kennett**.

**Marty Smith** and **Martie Wadsworth** were recognized by the CORD for their continued efforts to provide outstanding customer service.

The DTRA customer would like to recognize **Da'Mario Moore** for all his effort and support.

Joseph Schmidbauer would like to thank **Matt Rogers** and **Leonard Newman** for their help with Azure AD authentication integration and Microsoft subscription service support with the TekProp Service Catalog app service. Really appreciate their knowledge and responsiveness!

**The Defense Department plans to mandate COVID-19 vaccines for civilian, military, and contractor personnel as early as September...to read more, [click here](#).**

To find a COVID-19 Vaccine near you, please [click here](#).



**New TRICARE Supplemental Insurance enrollment coming in September**

TekSynap is excited to announce that we will be offering TRICARE Supplemental insurance during open enrollment in September. TRICARE is the Department of Defense's medical program for active duty and retired military personnel and their family members. TRICARE Supplemental is designed to wrap around TRICARE to help save on healthcare expenses.



**OPEN ENROLLMENT  
September 13th - 20th**

Open Enrollment is a chance for employees to enroll in benefits or change benefits selections and enrollments. If you do not make changes, your current medical, dental, and vision elections will automatically rollover for you. FSA enrollments do not rollover automatically and employees must actively enroll in these benefits.

There will be two webinars, **September 14th** at 10am-11am EST and **September 16** at 3pm-4pm EST. Employees will be receiving Outlook invites during the beginning of September to

their TekSynap email. A recorded version of the webinar will be uploaded to ADP for employees that cannot attend either webinar. Benefits will be effective starting October 1, 2021.



**OPEN ENROLLMENT**  
*It's Your Choice*



## The Pursuit of More Happiness

My name is Jim Baldrighi, and I will be retiring on the 31st of August, thankful my career is ending on a high note having worked for TekSynap for the last 3 years.

I selected the cybersecurity profession as my civilian career after retiring from the US Air Force in 2002 after a 20-year career. My wife, Lynne, who remained in the Air Force, and I and our son moved to Virginia after my last assignment in Hawaii. I was hired by Corbett Technologies in October 2002. My second day on the job Corbett announced they had been bought by BAE Systems, N.A., and all the employees were to be moved from Alexandria offices to a high rise in Tysons Corner, where in early 2003 I got my first, and only, office with a window, a desk, and a door, on the 11<sup>th</sup> floor overlooking Washington, D.C. Unfortunately, the company gained no traction in the industry, so in October 2003 I left to join the TLA Associates' DLA ETN team to fill a recently vacated information assurance (IA) position. I have been working on the DLA Enterprise Telecommunications Network (ETN) contract team happily ever since, providing IA documentation, connection approval, contingency planning, and cybersecurity acquisition compliance and security control assessment support ever since for the ETN and starting in 2010 the SIPRNet-over-ETN.

My civilian career included an amazing and rewarding 11 years with NES Associates as employee # 5. I stayed in my position on the DLA ETN contract after the sale of NES, the sale of CSRA, and a move to TekSynap in December 2018. A month after joining TekSynap, I was beset by medical challenges. The company and the insurer and the health care network stepped up and I was able to continue working from home during the most challenging bits, and get healed. Then last December I tried to outdo my previous challenge, and again the insurer and TekSynap rose to the occasion, helping buck up my spirits and get me through these longer-running challenges. So, on the mend now and trending healthier, I decided to retire and pursue more happiness with my accumulated good fortune and solid 37-year marriage, exploring my many interests and hobbies with more time and energy. My best wishes for TekSynap's continued and well-earned success; I will be watching!

**-Jim Baldrighi**



Meet **Christine Schemmel's** loyal office mates. These little ladies provide entertainment and balance to the Schemmel household. Nala Jo is a ShihTzu-King Charles-Cavalier-Poodle Mix, Lucy is a Dalmatian-Lab Mix (Dalmador) and Finley Mel is a French Bull Dog. Lucy just turned 14 and Nala and Finley are both 1. Dog's rule in this family!



*Feature your pets in the next newsletter!  
Send pictures of your companions to  
[news@teksynap.com](mailto:news@teksynap.com)*

## ARMY TEN-MILER

Registration for the **Army Ten Miler** has opened and TekSynap is sponsoring 2 teams in 2021. This year's race will be held virtually and in-person in Washington, DC.

**Virtual Race:** Runners must complete the 10 miles between October 10<sup>th</sup> and October 25<sup>th</sup>. The 10 miles must be completed all at once. Bonus – you get to choose your course and the date you run!!

**In-Person:** Run 10 miles through Washington DC, October 10<sup>th</sup>.

*Registration is first come, first serve, and limited to employees only.*

To register email [Kearstin.McGinnis@TekSynap.com](mailto:Kearstin.McGinnis@TekSynap.com)



**Maria Snow - BICSI**  
**Justin McBeth - AWS CCP**



## Employee Learning Program

Employee are encouraged to use the Employee Learning Program (ELP) Benefit. [Click Here](#) to access the form. .

If you have earned a new certification please add it to your ADP profile. Remember to include the effective date.

**ADP > Myself > My Information > Profile**

And email a copy to [HR@teksynap.com](mailto:HR@teksynap.com)

**Updating your certifications in ADP will help us identify you for career advancement opportunities.**

CDC's National Center for Chronic Disease Prevention and Health Promotion

## Physical Activity Prevents Chronic Disease

Regular physical activity helps improve your overall health, fitness, and quality of life. It also helps reduce your risk of these chronic conditions and manage them better:



HEART DISEASE



TYPE 2  
DIABETES



MANY TYPES  
OF CANCER



DEMENTIA



DEPRESSION  
& ANXIETY

Everyone can benefit from physical activity—your age, ethnicity, shape, and size do not matter.



## HOW TO BE MORE ACTIVE

### 1 MOVE MORE

Adults should get a weekly total of at least

**150** minutes of moderate aerobic activity  **OR** **75** minutes of vigorous aerobic activity 

*or a combination of both, spread throughout the week.*

-  **BE STRONG**  
Include muscle-strengthening activity (like resistance or weight training) at least twice a week.
-  **ADD INTENSITY**  
Increase time, distance, amount or effort for more benefits.
-  **SIT LESS**  
Get up and move throughout the day.

**KIDS & TEENS**  
should get at least **60 minutes** of physical activity every day.



LEARN MORE AT [HEART.ORG/MYLIFECHECK](https://www.heart.org/mylifecheck) AND [HEART.ORG/BEACTIVE](https://www.heart.org/beactive)

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### 2 TIPS FOR SUCCESS

#### SET GOALS

Set realistic goals and make small, lasting changes to set yourself up for success.

#### KEEP GOING

Once you reach these goals, don't stop. Gradually increase your activity and intensity to gain even more health benefits.

#### WALK MORE

There are many ways to get active. You may find walking the easiest way to start.

#### ADD IT UP

Find ways to move more throughout your daily routine, whether it's at work, on your commute or at home. Every active minute counts toward your goal.

#### MAKE A HABIT

Do something active every day at about the same time so it becomes a regular habit. Put it on your schedule so you're less likely to miss a day.

The NRC Futures Jam was a keystone event that enabled data-driven, transformational organizational change. The Futures Jam broke down geographical and hierarchical boundaries to bring the entire agency together on a common virtual platform for three days to have conversations about how we could better prepare for the future and be a more modern, risk-informed regulator. For the underlying solution set for the Jam, the NRC selected the Microsoft Yammer platform, in conjunction with Power BI, Cognitive Search and Logic Apps.

This initiative had high visibility not only within the IT executive offices, but also across Program and Mission Offices to include the Office of the Chairman.

The NRC looked at the TekSynap GLINDA SNCC team to drive the effort, where Avneesh Arya led the implementation effort under a rapid timeline of 6 weeks, working together with

Microsoft, NRC, and other contractor staff. The result of this effort was a 3-day agency wide conversation in real-time and subsequently to inform the selection of major focus areas that became the foundation for the 7 executive transformation initiative teams.

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## Open Positions

### **DLA - Multiple Locations**

Network Engineer

### **DLA ESD - Oklahoma**

Computer Operator

### **EWASS - Multiple Locations**

IT Support Specialist

### **USITC - DC**

Network Engineer

### **AV/VTC - Pearl Harbor**

VTC Lead

### **Wireless - Remote**

Site Manager

Jr Wireless Engineer

Technician I

Regional Manager

Project Manager

### **Senate ITSC – Washington, DC**

Help Desk Tier III Network Technician

System Consultant

Email Queue Coordinator

Service Delivery Coordinator

Sr SharePoint Developer/Admin

Installation Desktop Technician

### **NRC BPA MAS**

Quality Engineer

Senior Data Analyst

### **NRC-SNCC**

ICAM Architect

### **DOT EITSS – Washington, DC**

Senior Systems Engineer

Junior Developer/Business Analyst/Forms Developer

### **DOT EITSS – Colorado**

Business Intelligence Developer

### **DTRA – Virginia**

SQL DBA

Network Engineer

Cybersecurity Engineer

Information System Security Manager (ISSM)

Information System Security Engineer (ISSE)

Systems Administrator

Senior Systems Administrator

### **INSCOM – Virginia**

Splunk Analyst I



## NGA – Virginia

JR Helpdesk Specialist- St, Louis MO and Springfield, VA  
PSOC Specialist

## NGA – Missouri

JR Helpdesk Specialist

## DLA ESD - Washington

Computer Operator

## Kirtland C4 – Albuquerque, NM

Client Support Technician  
Client Support Technician II

Please email your referral resumes to [careers@teksynap.com](mailto:careers@teksynap.com)

## Referral Program \$\$

TekSynap offers employees \$3,000 for candidates that fill a cleared position and \$1,000 for non-cleared positions.

Please visit the employee portal [here](#) to learn more.



## Anniversaries

### Five Years

Jan Murphy

### Four Years

Lindsey Dale  
Frank Amrhein  
James Brown

### Three Years

Jacqueline Soltero  
Thomas Owens  
Ryan Hinkle  
David Reed

## Welcome, New Employees!

Jean Noel  
Christopher Hubert  
Nicole Sherry  
Raymond Tabler  
Wesley Fletcher  
Thomas Creager  
Matthew Lazzarino  
Ronald Summers  
Sean Stogsdill  
Jude Asante  
Evan Long  
Michael Jackson  
Brandon Perrodin  
Carlos Welch

**Two Years**

Alexei Kossobokov  
Cindy Kienzler  
Jason Hurd  
Jessica Huddle  
Kendall Collinson  
James Coleman  
Logan Edens  
James Tucker  
Brooklyn Rivers

**One Year**

Calvin Trotman  
Alexander Thrower  
Jude Onwumelu  
Michael O'Connell  
Robert Cooke  
Allen Dickens  
Melanie Springs  
Steven Doubler

Shelby Rea  
John Alfaro  
Kathryn Schuster  
LLoyd Ofori-Asomaning  
James Duke  
Patricia Connolly  
Sandip Aujla  
Richard Nguyen  
Nicholas Walter  
Alonzo Biddell  
Regan Bates  
Colton Phillips  
Curtis McKine  
Tebong Adeck  
Susan Brumfield  
Dere Ivy  
Domenica Antignano  
Ryan Sandlin  
Chris Bullock  
Shane McCaw

